



Central and
North West London
NHS Foundation Trust



Milton Keynes Perinatal Mental Health Service



Wellbeing for life



What is Perinatal Mental Health?

Perinatal mental health problems are those which occur during pregnancy or in the first year following the birth of a child.

Perinatal mental conditions affect up to 20% of women, and cover a wide range of conditions.

The women we work with may have the following conditions:

- Bipolar disorder
- Postpartum psychosis
- Schizophrenia
- Severe depressive illness in pregnancy and postpartum
- Severe anxiety disorder in pregnancy and postpartum
- OCD
- Eating disorders
- Personality disorders.

Why do we have a specialist service?

Mental health conditions during the perinatal period tend to be different to other periods in a woman's life.

The onset of the condition is often more rapid and its course often more challenging. It is therefore important that we have a specialist team to support women during this time.

This is especially important as suicide continues to be the leading cause of maternal death. A mother's poor mental health during this period is additionally challenging because it can pose risk to her child's development.

Prevention, early recognition and appropriate treatment can minimise the risk. Not all pregnant women with a mental health condition will need the perinatal service but it will be available to women who need this specialist support.

How do people access the service?

Referrals are accepted from health and social care professionals.

Once a referral has been received, the perinatal team will aim to make contact with you within seven days to arrange a triage assessment.

Once the triage assessment has been completed, you are either accepted onto our caseload or if not, you will be offered advice and signposted to the relevant service.

If your referral is accepted we aim to offer an appointment within four weeks for an initial assessment.

We employ:

- Specialist mental health nurses
- Occupational Therapists
- Psychologists & Psychological therapists
- Psychiatrists
- Nursery nurses
- Pharmacists.

Contact us:
01908 724362

 @CNWLNHS

 MK Perinatal
Support Group

What does the team offer?

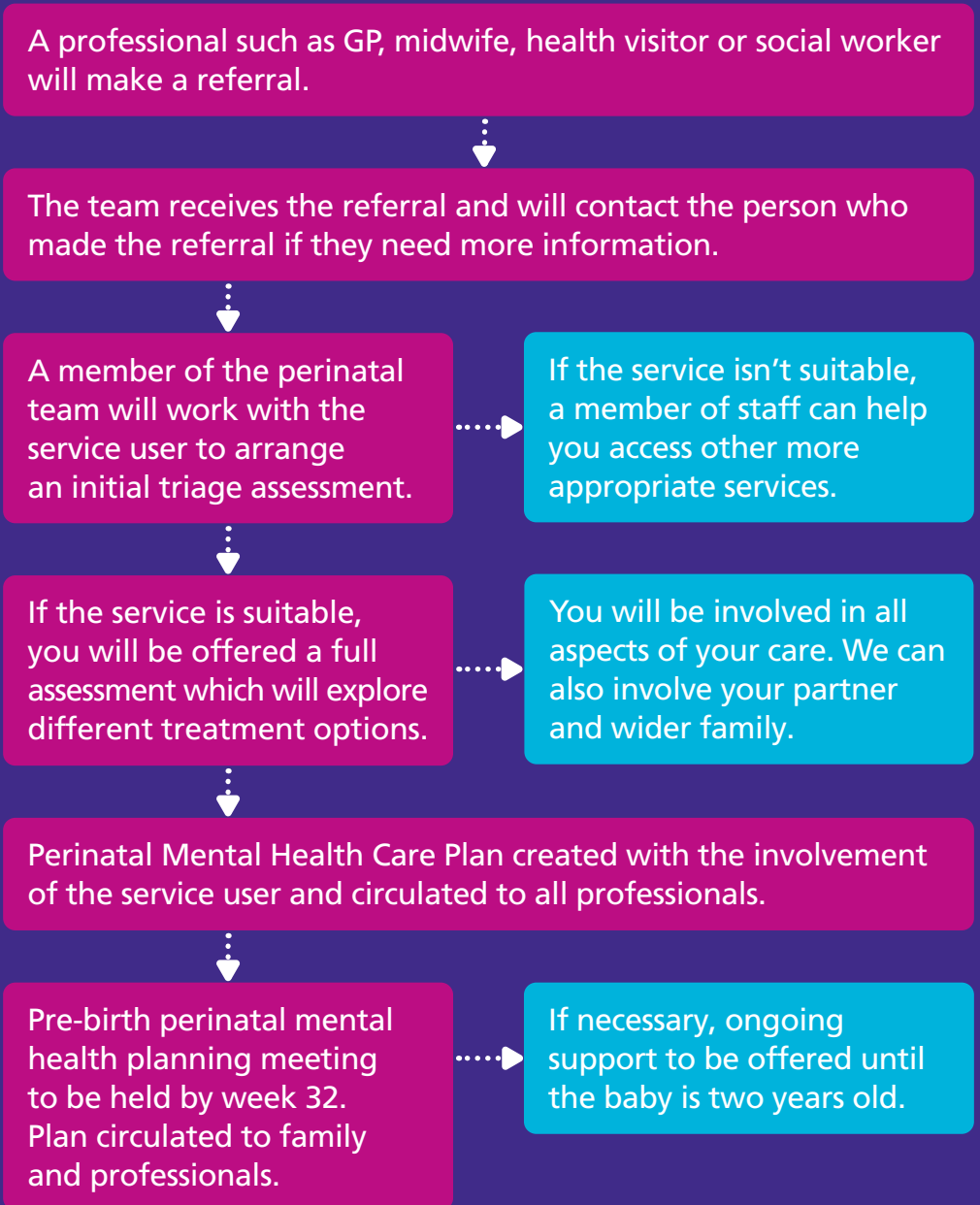
Our professionals will work alongside mothers and expectant mothers to detect, prevent and treat perinatal mental health problems. The service ensures that women are involved in all aspects of their care.

We offer advice and support to other professionals, preconception advice and pre-birth care planning. We offer medicines management and symptom monitoring. We offer support and guidance to the whole family and pay attention to the relationship between mother and baby.

Our interventions include:

- Cognitive Behavioural Therapy
- EMDR (a therapy used to treat trauma)
- Compassion Focussed Therapy
- Psychological Wellbeing Group
- Therapeutic groups
- Parent Infant Interventions
- Occupational Therapy
- Medication support.

The perinatal mental health service works with women with serious and complex mental health conditions from pre-conception advice, during pregnancy and up to 24 months after birth. The flow chart below shows you what happens after a referral is received.



Information sharing

We will not share any information that you give us without discussing this with you first and getting your consent. The only exception to this is if we consider that your life or the wellbeing of someone else could be at risk.

Compliments, comments and complaints

We welcome feedback about our service and during your treatment with us we may ask you to complete feedback forms about your experience with us.

You can also tell us what you think of the care and treatment provided and of your experience at www.cnwl.nhs.uk/feedback to help us improve.

If you are not happy with the service and your treatment, please ask to speak to the Team Manager to try and resolve this.

If staff have been unable to resolve your concerns and you want to make a complaint, you can email feedback.cnwl@nhs.net or write to the Patient Feedback and Complaints Service at:

**CNWL Patient Feedback and Complaints Service (PFCS),
Trust Headquarters,
350 Euston Road,
Regent's Place,
London NW1 3AX.**

Tel: **0300 013 4799**

You can also contact the Patient Feedback and Complaints Service if you want to send us a compliment or other feedback.



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

We are now able to communicate with deaf or hard of hearing people via Text Relay. If you are making a call from a text phone dial **18001 + 01908 243 568**

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

درخواست پر یہ دستاویز دیگر زبانوں میں، بڑے حروف کی چھپائی اور سننے والے ذرائع پر بھی میسر ہے۔

Urdu

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

Šį dokumentą paprašius taip pat galima gauti kitomis kalbomis, dideliu šriftu, Brailio raštu ir garso juostoje. Prašome kreiptis el.

Lithuanian

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

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Russian